



## Back Height



**WHY?** - It is important that the chair gives you support through the whole of your back. To do this the lumbar support on the chair must be aligned with your own lumbar region.

**HOW?** - Lean forward and grasp the back on either side. Pull up until the pronounced lumbar support of the chair is aligned with your own lumbar region, which is just below your waist. The back will stop in any one of four positions.



## Back Tilt

**WHY?** - It is important to allow your body to remain dynamic with the chair in its unlocked position, because a dynamic posture promotes good circulation and a healthy spine. The tension of the chair should be adjusted to suit your own weight so that your body moves freely and harmoniously with the chair rather than having to fight against it.

**HOW?** - To unlock the back of the chair and allow it to move with your body lift the paddle found under the left hand side of your seat. To adjust the tension to suit your own weight pull out the knob under the right hand side of the seat and grasping it with an over-hand grip, rotate it forward to increase the tension and back to decrease the tension.

## Seat Height



## Seat Slide



**WHY?** - To keep your thighs parallel to the floor and your elbows at a similar height to the keyboard. This helps to maintain a healthy posture with good circulation.

**HOW?** - Lift the paddle located under the right hand side of your seat whilst lifting your weight out of the chair to allow the seat to raise to the desired height. To lower the height, lift the paddle again leaving your body weight on the seat.

**WHY?** - If your seat depth is too long you could compromise the circulation in your lower legs as well as being unable to make effective use of the back rest and will adopt a posture with a rounded spine. If it is too short, you will increase the pressure on your thighs. Ideally the front edge of the seat should be 5cm from the back of your calves.

**HOW?** - Push the button on the right hand side of the seat. Keep your weight on the seat pad and move forward. Release the button to lock the seat.



## Arm Pad Adjustment

**WHY?** - Forearms must be allowed to rest flat on the arm pads, allowing your shoulders to relax in order to eliminate some of the tension in your upper body.

**HOW?** - Lift the buttons on the outside of the arm risers to raise and lower the arms. Ensure that both arm pads are the same height. The width can be adjusted using the 'quick-release' handles under the arm supports.